

Mail Deposit to:  
Bill Dushane  
6065 Whispering Lake Drive  
Katy, TX 77493

**In addition to riding and pinning  
this camp will address:**

- Diet
- Weight Lifting
- Cross Training
- Conditioning

The first 100 applicants are assured a spot!  
The cost of the camp is \$175

A NON-REFUNDABLE \$60 DEPOSIT IS NEEDED  
WITH EACH APPLICATION.

**There are limited numbers.  
Send your money today!**

Applicants will be accepted at the door if  
enrollment is below capacity.

PLEASE PROVIDE US WITH THE FOLLOWING INFORMATION:

Applicants full legal name:

Past health conditions:

Past Injuries:

Present Health:

Drug Sensitivities:

Other allergies or medical conditions:

Insurance company:

Other health and accident coverage:

Policy Holder \_\_\_\_\_

I verify that my child has been checked by a licensed physician and is able to participate in all sports camp activities. I agree to allow my child to be treated, if necessary, by a licensed physician while attending this camp and to assume all cost related to such treatment. I authorize my insurance company to pay benefits to student health service or the hospitals. Also, I authorize the disclosure of medical information to my insurance company for the purpose of claim. I understand that if this application is accepted, there is no refund of deposit if (parent and child) should cancel the applicant at any time.

Parent or guardian signature: \_\_\_\_\_

Street Address: \_\_\_\_\_

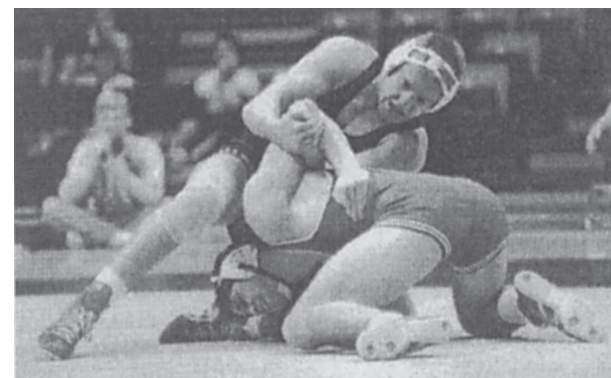
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home phone: \_\_\_\_\_

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Applicant's signature/Date

**ROYCE ALGER'S**  
Former Iowa Hawkeye wrestling coach  
Presents

**IOWA STYLE**  
**TECHNICAL CAMP**



**Featuring Royce Alger**

- 3X STATE CHAMPION
- 3X BIG TEN CHAMPION
- 2X NCAA CHAMPION
- 2X WORLD CUP GOLD MEDALIST
- 2X PAN AMERICAN GOLD MEDALIST
- 1990 WORLD SILVER MEDALIST
- 3X US OPEN CHAMPION
- FORMER ASSISTANT COACH AT  
UNIVERSITY OF IOWA

**CINCO RANCH HIGH SCHOOL**

Katy, Texas

July 26 - 29, 2010

9 am - 1 pm

K -12th grade

Bill Dushane 713-447-8051

# CAMP GOAL AND PHILOSOPHY

Also featuring other Iowa Wrestlings (TBA)



Last year we enjoyed great attendance to this camp. This year we will address down positions, short offence, and numerous pinning techniques. Don't miss your chance to learn the Iowa Style of Wrestling.

Royce will offer many additions to your wrestling repertoire.

"I have wrestled all over the world and learned a lot of things. However, the best techniques I have learned are from wrestlers right here in the USA. Each session will feature a different wrestling position. From Foot Sweeps to Ankle Picks, Pinning to Escapes. *Learn the Iowa Way!*

Royce Alger

All ages will learn at their own speed. It is a comprehensive camp. It allows kids to pick things up on their own.

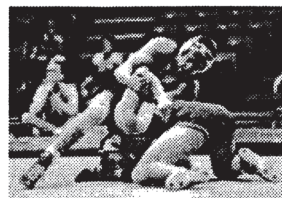
**"All ages will benefit!"**

# CAMP DIRECTOR Royce Alger



Royce Alger en route to one of his 78 straight collegiate wins.

Legendary coaching staff  
Jim Zalesky, Tom Brands,  
Royce Alger, and Dan Gable.



## CAMP FORMAT

*Learn the Iowa Style of workouts*  
*"Intense hand fighting"*  
*"Knock-out drills"*  
*"Pummeling matches"*  
*"Gable-style drilling"*

Royce Alger was an Assistant Coach at the University of Iowa. He is considered to be one of the best control wrestlers the Hawkeyes have ever had. Come to this fine event and learn all positions the Iowa Way.

Royce is also an active member in the USA Coaching Pool. He travels all over the world coaching athletes at world level events. Don't miss this opportunity to learn from one of America's finest

## CONTACT INFORMATION

**Host Coach: Bill Dushane**

713-447-8051

theranchwrestlingclub@yahoo.com

**Royce Alger Camps**

515-250-7876

roycealger@msn.com

# APPLICATION

Name\_\_\_\_\_

SS# \_\_\_\_\_

Street Address\_\_\_\_\_

City/State/Zip\_\_\_\_\_

Name of Parent or Guardian

\_\_\_\_\_

Telephone - Home:\_\_\_\_\_

Work:\_\_\_\_\_

Height\_\_\_\_\_ Weight\_\_\_\_\_

Age\_\_\_\_\_ Sex\_\_\_\_\_

Birthday\_\_\_\_\_

Grade next year\_\_\_\_\_

**High School Grad.**

Month\_\_\_\_\_ Year\_\_\_\_\_

School Attending\_\_\_\_\_